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# Shoulder Instability Surgery – Discharge Advice



Procedures

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## What Is Shoulder Instability Surgery?

Shoulder Instability Surgery is a surgical technique to repair the damaged tissue around the shoulder joint. This surgery can be carried out minimally invasive (1 to 3 small incisions) with the aid of a camera or by open surgery (larger incision), to directly access the patient's bones and tissues.

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### Wound care

- Keep the dressing on your shoulder clean and dry.
- You are allowed to shower if a waterproof dressing has been applied, but do not immerse the wound in water.
- Observe for any bleeding over the operated site.
- Do not change the dressing until your next appointment date.
- You may be given ice packs for cold treatment to reduce swelling for the first 5 days. Please follow the instructions provided.

### Pain relief

- Take the prescribed analgesia regularly, strictly for the first 3 days.
- Consult your doctor if you still experience pain after taking the prescribed analgesia.

### Blood circulation

- Observe the colour, warmth and sensation of the operated limb.
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Notes:

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## Care advice

- You will be required to wear the arm sling for up to 6 weeks, depending on the surgeon's advice.
  - The arm sling may be removed for showering, grooming or physical therapy.
  - You are encouraged to follow the exercise regime that has been taught to prevent stiffness and scarring.
  - Do not abduct the operated arm (i.e. do not move your arm away from your body or lift it above your head).
  - Do not use the operated arm to reach or lift things.
  - Refrain from strenuous activities with the operated arm.
  - You may use the operated arm to write, eat or drink as long as the arm is moved only at the elbow and wrist.
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## When should I seek medical help?

Consult a doctor by visiting the **Alexandra Hospital Urgent Care Centre (UCC)** if you experience any of the following signs and symptoms of wound infection:

- You have a fever of 38°C and above.
  - You feel a sudden worsening of pain that is different from the usual pain.
  - There is sudden swelling in the affected shoulder.
  - There is excessive discharge or bleeding from the operated site.
  - There is a sudden change in sensation or colour of the operated limb (feeling of numbness or fingers turning cold and blue).
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Notes: